



FACT SHEET **2**

Bullying

What is Bullying?

Bullying happens when someone with more power hurts someone with less power over and over again. Power may be physical strength, social skill, verbal ability or another resource. A person is bullied when he or she is exposed regularly and over time to negative action on the part of one or more persons (Dan Olweus, 1984).

What are the facts?

- According to the National Association of School Psychologists, about one in 7 school children – about five million kids – have either been the bully or a victim.
- The effects of bullying last a lifetime.
- The Journal of American Medical Association (JAMA, April 25, 2001) reports that males were more likely than females to be both perpetrators and targets of bullying. The frequency of bullying was higher among 6th through 8th-grade students than among 9th and 10th-grade students.
- The National Institute of Child Health & Human Development (2001) reports that 30% of students in grades 6-10 are involved in moderate to frequent bullying – either as bullies, as victims, or both.
- According to the US Secret Service, in about two-thirds of the school shootings, the attackers had felt persecuted, bullied, threatened, attacked, or injured by others.

- The “Health Behavior in School-Aged Children Study” (1998) completed by the World Health Organization reports bullies have a higher rate of tobacco and alcohol use and were more likely to have negative attitudes about school. Their victims, on the other hand, were more likely to report being lonely and having difficulty forming friendships.
- Boys are more likely to be bullies, and they most often bully using physical force or harassment. Girls tend to use exclusion and social manipulation.

What’s a Teacher to do?

- Teach what friendship and respect look like in the classroom and school by using concrete examples.
- As a class, prepare an anti-bullying pledge and post in the classroom.
- Address rumors and conflicts during regular class meetings.
- Watch for instances of bullying and take the initiative to respond as needed, even when children do not report incidences.
- Listen attentively to reports of bullying, take action as needed, and provide timely follow-up.
- Adopt classroom rules as recommended by Dan Olweus:
 1. We shall not bully other students.
 2. We shall try to help students who are bullied.
 3. We shall make a point to include students who become easily left out.
- Intervene immediately – stop the behavior.
- Assure the victim your intention is to protect them from further harassment or danger.
- Communicate to the proper administrator and parents.
- Provide consistent consequences for the bully; follow-up with counseling.

What's a Parent to do?

If your child is the bully . . .

- Don't tolerate hurtful behavior.
- Teach your child how to treat others with respect.
- Model and teach appropriate ways to express anger or dissatisfaction.
- Find opportunities for your child to help others and to achieve success in positive ways.
- Get the facts. Find out what really happened.
- Don't become defensive. Cooperate with the school.

If your child is the victim . . .

- Encourage your child to ask a trusted adult for help.
- Teach your child self-respect. A child with confidence may be less likely to be a victim. Stress the importance of body language.
- Get the facts. Find out what really happened.
- Ask your child how you can help.
- Do not confront the bully or the family.
- Don't become defensive. Cooperate with the school.
- Express your concern to your child's teacher/administrator.

What's a School to do?

- Have students complete a survey on bullying to address specific behaviors and target problem areas on campus (see attached sample survey).
- Train students in appropriate conflict resolution techniques.
- Declare your school as a no-bully zone.
- Train staff to recognize and deal with bullying.
- Establish consistent, school-wide consequences that swiftly address bullying behavior.
- Provide adequate adult supervision during non-instruction time in hallways, grounds, cafeteria, lockers, and bathrooms.
- Establish a staff and parent meeting to discuss bullying.
- Create a safe school culture.
- Expect all adults to model appropriate behavior.

Links

www.stopbullyingnow.com

SAMPLE

Bullying Survey

**Please circle the best answer to the following questions.
You may have more than one answer.**

1. Have you ever been bullied?

Never Occasionally Often Everyday

Where did it happen?"

School Home Neighborhood Somewhere else

If it happened at school, where?

Hallway Classroom Playground Cafeteria
Bathroom Somewhere else

2. Have you seen other students being bullied at school?

Never Occasionally Often Everyday

Where have you seen other students bullied?

Hallway Classroom Playground Cafeteria
Bathroom Somewhere else

3. What kinds of things have bullies done to you or someone you know?

Called names Threatened Stole/damaged something
Shoved, kicked, or hit Ignored